

# Mindfulness Re-minders

Ways to incorporate mindfulness into your life every day...

Mindfulness — Paying attention on purpose, intentionally, in each moment, and non-judgmentally

## Awareness of breath

- Take a breath in & out before... Speaking, answering the phone, turning on or off the computer, opening a door, at a stoplight... any time
- When noticing you are feeling stressed

## Short Body Scan

- Notice your breath then scan through your body starting at your toes and moving up while noticing feet, legs, pelvic area, back, abdomen, chest, shoulders, arms, hands, neck, head & face.
- Bring your awareness to any areas of the body where you are experiencing discomfort.
- Take several breaths into the area of discomfort.
- Breathe through your whole body from feet to head & back down.
- Do this several times.
- Notice if there is a difference in how your body feels.

## Mindful Eating

- Have a snack, drink, or meal mindfully – *without doing anything else at the time*. Use your senses to notice what you are eating or drinking. Bring awareness to the moment.

## Mindful Walking

- Notice your steps as you walk from one place to another...on your way to work, going to a meeting, walking at lunch, on a break, as you leave work or at home. You can follow your breath with each step.



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Roz Grossman MA provides a gentle approach to facilitating mindfulness meditation instruction for individuals and groups. Her workshop, *Mindfulness Tools for Health and Wellness*, is based on the teachings of Jon Kabat-Zinn.

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